



La Guadalupeana

Assured Quality Since 1945

Authentic Homemade

CHICKEN TAMALES

Stone Ground Corn Masa filled with
Chicken and Traditional Mole Sauce,
Hand-Wrapped in a Corn Husk.

GLUTEN FREE - LARD FREE

KEEP REFRIGERATED - PERISHABLE

NET WT 54oz. (1,531g)



Nutrition Facts

Serving Size 4.5 oz. - One tamale (128g)
Servings Per Container 12 tamales

Amount Per Serving	
Calories 280	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3.5g	19%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 710mg	30%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	17%
Sugars 3g	
Protein 9g	
Vitamin A 20%	Vitamin C 4%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000

Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MASA INGREDIENTS: Cooked Stone Ground Corn, Lard, Palm Oil, Soybean Oil, Canola Oil, and Vitamin E (added as an antioxidant), Water, Salt, Baking Powder (Sodium Acid, Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Propionic Acid, Phosphoric Acid, Methyl Paraben, and Propyl Paraben. **FILLING INGREDIENTS:** Chicken, Red Peppers, Corn Oil, Salt, Almonds, Pumpkin Seeds, Sesame Seeds, Chocolate (Cane Sugar, Chocolate Liquor, Cinnamon), Chocolate (Sugar, Chocolate Liquor, Soy Lecithin, Cocoa (Processed with Alkali), Artificial Flavor Cinnamon), Onion Powder and Garlic Powder.

KEEP REFRIGERATED UNTIL READY TO USE

COOKING INSTRUCTIONS:

Microwave Oven

1. Remove tamales from plastic bag.
2. Wrap tamale in a wet paper towel and place on a microwave safe plate.
3. Microwave on high power for 60-90 seconds per tamale or until heated.
4. Let stand for 30 seconds. Tamale will be very hot.
5. Remove from corn husk. Enjoy!
6. Frozen tamales need additional 60 seconds.

Steamer

1. Remove tamales from plastic bag.
2. Place tamales in steamer basket.
3. Heat over medium heat for 10-15 minutes.
4. Carefully remove tamales from steam basket.
5. Allow to cool for 30 seconds.
6. Remove from corn husk. Enjoy!



Manufactured and Distributed by: La Guadalupeana Wholesale Co., Inc. Chicago, Illinois 60609

